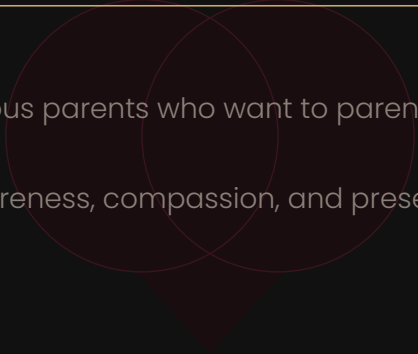


THE HOLISTIC CARE · FREE GUIDE

Mindful Parenting

30 Weekly Reflection Prompts

For conscious parents who want to parent with more
awareness, compassion, and presence



8 THEMES · 30 PROMPTS · WRITING SPACE INCLUDED

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THE HOLISTIC CARE

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A Journal for Conscious Parents

Mindful parenting is not about being a perfect parent — it's about being a present one. These 30 weekly prompts are designed to be sat with slowly, not rushed through. One prompt per week means this journal carries you through 30 weeks — nearly a full year of reflection.

Research by Dr Jon Kabat-Zinn and colleagues shows that parents who practise mindful awareness show measurable reductions in parenting stress, greater emotional attunement with their children, and children with significantly better self-regulation outcomes.

THE 8 THEMES

- | | | |
|----|-----------------------|---|
| 01 | Presence | The quality of being here, fully. |
| 02 | Reactivity | Understanding our triggers with compassion. |
| 03 | Listening | Hearing what is beneath the words. |
| 04 | Play & Joy | Remembering what really matters. |
| 05 | Compassion | For your child — and for yourself. |
| 06 | Rituals | The small things that create belonging. |
| 07 | Values | What you are truly teaching. |
| 08 | Integration | Seeing what has shifted. |

Presence

4 reflection prompts · One per week · Write your response below each question

1

What did I notice about my child this week that I've never noticed before?

2

When did I feel most connected to my child? What made that moment possible?

3

Describe a moment when I was physically present but mentally elsewhere. What was I thinking about instead?

4

What does my child do that I haven't yet taken the time to really understand?

Reactivity

4 reflection prompts · One per week · Write your response below each question

5

What triggers my strongest reactive moments as a parent? What am I actually afraid of in those moments?

6

Think of a recent moment where I reacted in a way I regret. What would I do differently with a pause?

7

What needs of mine (rest, space, connection, recognition) are most unmet right now?

8

How do I want my child to remember the way I responded to their big feelings?

Listening

4 reflection prompts · One per week · Write your response below each question

9

When did I last truly listen to my child without planning my response? What did I hear?

10

What is my child trying to communicate beneath the words – through behaviour, mood, or silence?

11

What would my child say about how well I listen if they were completely honest?

12

What conversation have I been avoiding with my child? What am I afraid might be said?

Play & Joy

4 reflection prompts · One per week · Write your response below each question

13

When did I last play freely with my child – with no agenda, no teaching, just fun?

14

What makes my child laugh most freely? When did I last deliberately create that moment?

15

What did I love doing as a child that I've never shared with my own child?

16

How would I describe my child's sense of joy? What lights them up from the inside?

Compassion

4 reflection prompts · One per week · Write your response below each question

17

What mistake have I made as a parent this month? Can I hold it with compassion rather than shame?

18

How do I respond when my child makes mistakes? Is this how I'd want someone to respond to mine?

19

Write a compassionate letter to your younger self as a parent — in their first year of parenting.

20

What do I need to forgive myself for? What would I say to a friend carrying this same burden?

Rituals

4 reflection prompts · One per week · Write your response below each question

21

What daily or weekly rituals do my child and I share? Which ones matter most to them?

22

Is there a ritual we've lost that my child misses? How might I bring it back?

23

What is one new connection ritual – however small – I could introduce this week?

24

What does 'quality time' actually mean to my child – not to me, but to them?

Values

4 reflection prompts · One per week · Write your response below each question

25

What 3 qualities do I most want my child to carry into adulthood? Am I modelling them daily?

26

What am I teaching my child about how to handle difficulty, failure, and disappointment?

27

What am I teaching my child about how to treat themselves?

28

What has shifted in the past 8 weeks of reflection? What have I seen more clearly?

Integration

2 reflection prompts · One per week · Write your response below each question

29

What is the most important single thing this journalling practice has shown you?

30

Write a letter to your child – to be given to them when they are an adult and become a parent themselves.
